



The relationship between mental toughness and psychological well-being in undergraduate university students

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Mental Toughness Research Group

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Background

- University students are ‘at risk’ of developing psychological disorders (Wynaden et al., 2013)
- 26% of students did not confide with anyone about feelings of mental distress (Kerr, 2013)
- Psychological health is not simply the absence of illness (Seligman & Csikszentmihayli, 2000)
- “The achievement of one’s full psychological potential” (Carr, 2004, p. 36)





1



Monday	Tuesday	Wednesday
10:00 Maths: Fractions and Decimals 10:15		10:00 Maths: Fractions and Decimals 10:15
11:00 English: Writing a Story 11:15		11:00 English: Writing a Story 11:15
12:00 Lunch: 12:00 - 12:30 12:30		12:00 Lunch: 12:00 - 12:30 12:30
13:00 Science: The Human Body 13:15		13:00 Science: The Human Body 13:15
14:00 History: The Roman Empire 14:15		14:00 History: The Roman Empire 14:15
15:00 Art: Drawing a Landscape 15:15		15:00 Art: Drawing a Landscape 15:15
16:00 PE: Team Games 16:15		16:00 PE: Team Games 16:15
17:00 Drama: The Mystery of the Missing 17:15		17:00 Drama: The Mystery of the Missing 17:15
18:00 Music: The Sound of Music 18:15		18:00 Music: The Sound of Music 18:15



2



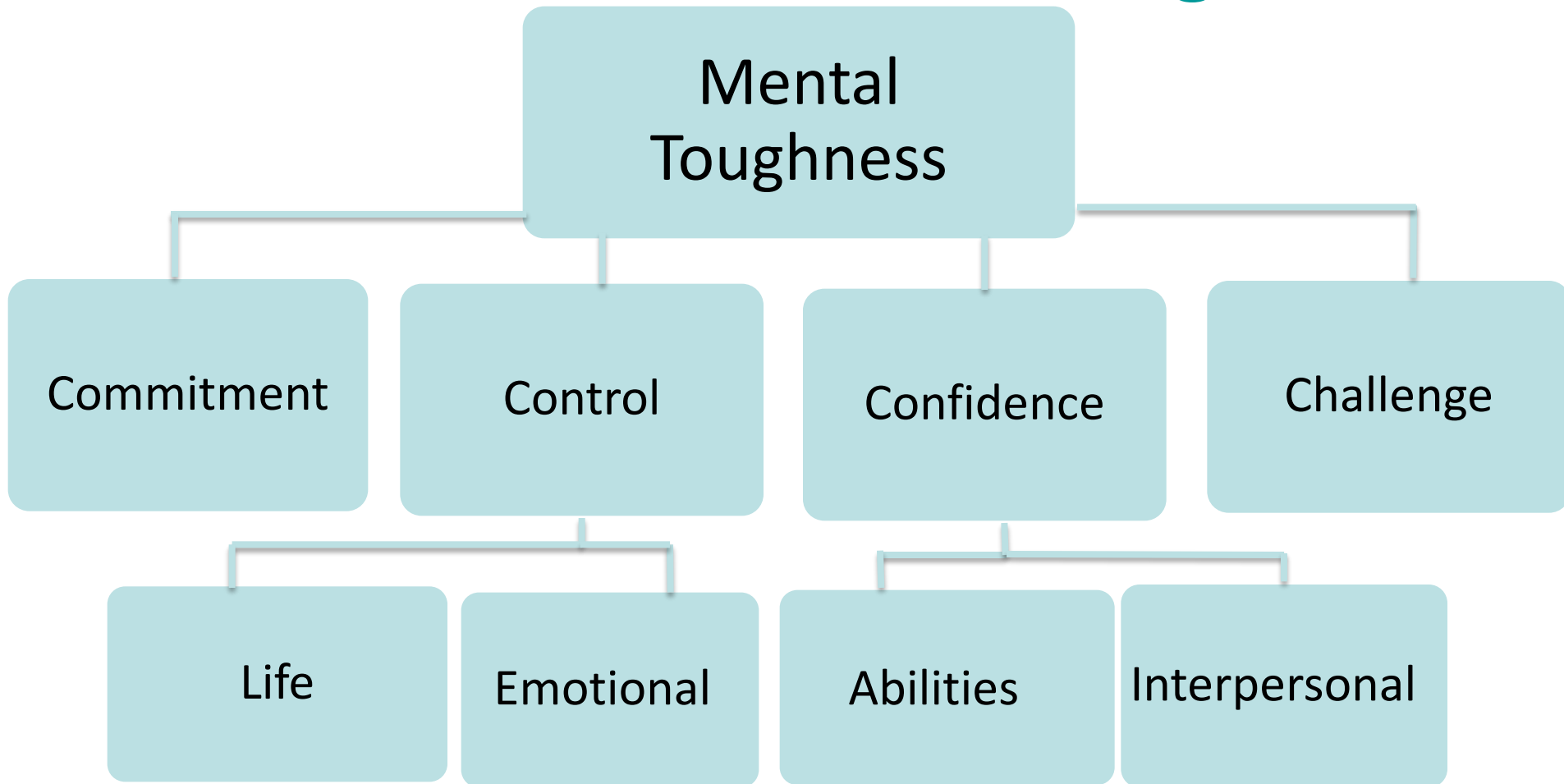
3







4 C's Model of Mental Toughness



(Clough, Earle & Sewell, 2002)



Method

168 undergraduate students.



Mental toughness and psychological well-being online questionnaire.



Cronbach alpha, Bivariate correlation and heirarchal multiple linear regression.



Bivariate Correlation

	Autonomy	Environmental Mastery	Personal growth	Positive relations	Purpose in life	Self-acceptance
Challenge	.37**	.48**	.50**	.32**	.36**	.47**
Commitment	.44**	.70**	.52**	.38**	.64**	.56**
Emotional control	.38**	.47**	.28**	.29**	.18**	.46**
Life control	.42**	.67**	.40**	.43**	.57**	.62**
Confidence in abilities	.45**	.66**	.43**	.53**	.44**	.77**
Interpersonal confidence	.63**	.31**	.17**	.32**	.20**	.36**

* $p > 0.05$, ** $p > 0.01$

Hierarchical Multiple Linear Regression

Psychological well-being component	Strongest predictor	Prediction score
Autonomy	Interpersonal confidence	.51***
Environmental mastery	Commitment	.42***
Personal growth	Challenge	.34***
Positive relations	Confidence in abilities	.47***
Purpose in life	Commitment	.47***
Self-acceptance	Confidence in abilities	.65***

***p>0.001



Self-acceptance

- Confidence in abilities predicts 65% of variance
- Self efficacy theory (Bandura, 1977)
- Optimism and personal perceptions of worthiness (Clough & Strycharczyk, 2012)



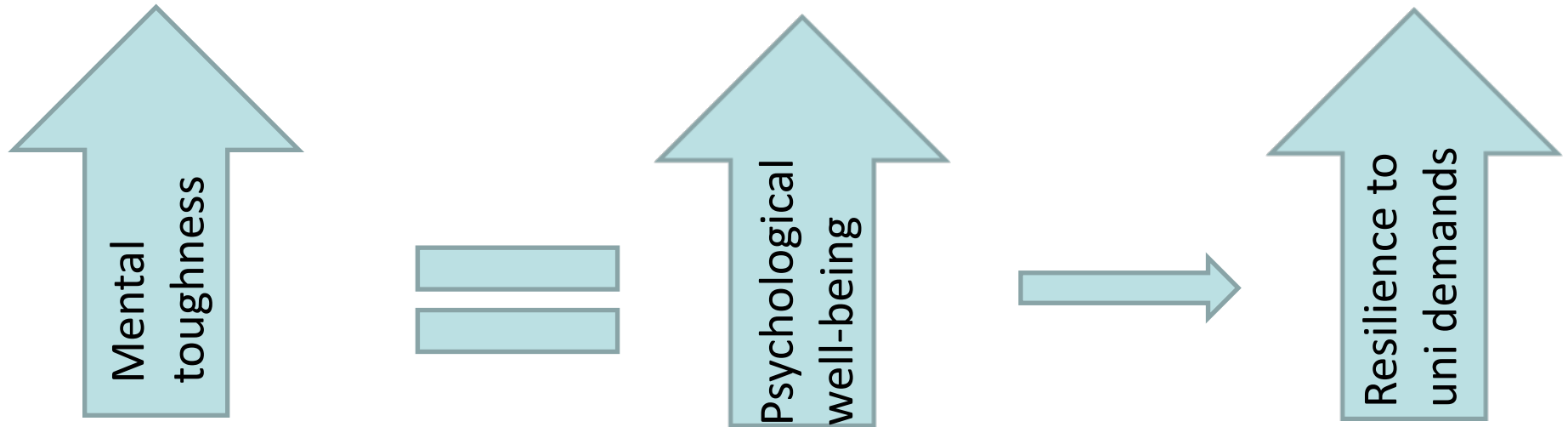
Autonomy

- Interpersonal confidence predicts 51% of variance in autonomy
- University aims to create independent learners
- Mentally tough individuals solve own problems and take responsibility for own development (Crust & Clough, 2011)

Purpose in Life

- Commitment predicts 47% of variance in purpose in life
- Commitment is related to the personality trait conscientiousness, which is associated with decreased chance of psychological diseases (Clough & Strycharczyk, 2012)

Conclusion



- Screening device for those students 'at risk' who may not have the necessary personal resources to succeed at university
- Easy access interventions to overcome the 'silence' around mental health issues (Wynaden et al., 2014)

Thank you for listening
Any questions?



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MTQ48

		Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
1	I usually find something to motivate me					
2	I generally feel in control					
3	I generally feel that I am a worthwhile person					
4	Challenges usually bring out the best in me					
5	When working with other people I am usually quite influential					
6	Unexpected changes to my schedule generally throw me					

Psychological Well-being

Circle the number that best describes your present agreement or disagreement with each statement.	Strongly Disagree	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Strongly Agree
1. Most people see me as loving and affectionate.	1	2	3	4	5	6
2. Sometimes I change the way I act or think to be more like those around me.	1	2	3	4	5	6
3. In general, I feel I am in charge of the situation in which I live.	1	2	3	4	5	6
4. I am not interested in activities that will expand my horizons.	1	2	3	4	5	6
5. I feel good when I think of what I've done in the past and what I hope to do in the future.	1	2	3	4	5	6
6. When I look at the story of my life, I am pleased with how things have turned out.	1	2	3	4	5	6
7. Maintaining close relationships has been difficult and frustrating for me.	1	2	3	4	5	6
8. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	2	3	4	5	6